








# GROUP TRAINING TIMETABLE

**PLANET FITNESS CHARLESTOWN**  
The Judgement Free Health Club

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:05AM	 Les Mills BODY PUMP (45 min)	 SPINN EXPRESS (40min)	 Les Mills BODY PUMP	 SPINN	 XTRAINER		
7:00AM		 XTRAINER					
8:30AM						 Les Mills BODY PUMP	
9:30AM						 POWER YOGA	
12:30PM	 SPINN EXPRESS (30min)	 FREESTYLE PUMP (40 min)	 STRENGTH INTERVAL	 YOGA (40min)	 BOXING		
4:30PM	 BOXING						 4:00pm RESTORATIVE/YIN YOGA
5:10PM		 ABT		 HIIT			
5:30PM	 CORE		 CORE				
5:45PM	 Les Mills BODY PUMP	 METAFIT HIIT (30min)	 FAT BURNER	 Les Mills BODY PUMP	 YIN/YANG YOGA		
6:00PM			 SPINN EXPRESS (40min)				
6:45PM	 YOGA	 RESTORATIVE/YIN YOGA	 YOGA				



**STRENGTH**



**HIIT**



**CARDIO**



**WELLBEING**

PUFF RATE

**HOW PUFFED WILL I BE?**

# CLASS DESCRIPTIONS

All classes run for 1 hour unless specified otherwise.

<b>BODY PUMP</b> Puff Rating: 3	Les Mills' classic workout challenges all your major muscle groups with exercises like squats, presses, lifts & curls. Your weight selection will determine the intensity, thus this class is suitable for beginners to advanced participants.
<b>STRENGTH INTERVAL</b> Puff Rating: 4	Strength Interval is a high intensity interval training workout that takes keeps your heart rate up and calories burning, so you can push harder and get fitter, super fast. (30min)
<b>XTRAINER</b> Puff Rating: 5	The body's ability to move functionally is challenged every week using HIIT style body weight exercises, power and plyometric moves, barbell and hand weights. Progressional exercises are offered for all fitness levels. (45min)
<b>CORE</b> Puff Rating: 1	An express core session designed to give you the fundamental platform that will compliment the rest of your training program. Core strength is an essential inclusion to a fitness program from beginners to athletes. (15min)
<b>ABT</b> Puff Rating: 3	This class has a variety of different exercises designed to target problem areas. Working on mats and using body weight resistance training, this class will increase tone, firmness and strength. Targeting and shaping your butt, abs and thighs, suitable for all fitness levels. (45min)
<b>HIIT</b> Puff Rating: 5	H.I.I.T stands for High Intensity Interval Training. Movements are big involving every muscle working together, and intervals are short (less than a minute) so you can give max effort.
<b>SPINN</b> Puff Rating: 4	Cardio training meets inspired playlists with a variety of drills, intervals and team challenges. Climb, sprint and let the energy move you. Each bike has its own resistance dial, so it's perfect for all fitness levels - your bike, your intensity, your ride. For the pro cyclist, spend some time concentrating on the road just the ride. (30, 40 or 45min)
<b>BOXING</b> Puff Rating: 4	The ultimate boxing workout using pads, gloves, kick pads and focus mits. Incorporating high intensity and strength moves for maximum calorie burning effect. A guaranteed good time, although your arms may tell a different story the next day! Beginners, intermediate and advanced stages for everyone.
<b>YOGA</b> Puff Rating: 3	The ancient practice of yoga designed to centre the mind, calm the body and reduce stress. This class involves flow, strength and yin restorative poses. Think you're too tough for yoga? Think again - Namaste.
<b>RESTORATIVE YOGA</b> Puff Rating: 3	Restorative Yoga is designed to restore the nervous system and help release deeply held tensions from the body and mind. We use props to support the postures, while gently stretching and strengthening the body. This class is appropriate for students of all levels.
<b>YIN/YANG YOGA</b> Puff Rating: 4	Building strength, flexibility, and control through a strong flowing power yoga (yang) is balanced by holding stretches for minutes at a time within our (yin) practice. A fusion of two opposites, yin and yang = ease and effort. Mind, body and breath connect as one where you will leave your practice feeling calm and refreshed. (75min)
<b>POWER YOGA</b> Puff Rating: 4	Enjoy an energetic yoga class that uses a flowing series of postures to create heat within the body as you increase strength, flexibility, endurance and balance. *Yoga experience recommended.
<b>METAFIT</b> Puff Rating: 4	This ain't no dance class. Metafit is a High Intensity Interval Training that is challenging for all fitness levels. Using only bodyweight training, this class is fast and fun. It will get you fit in no time!

## FEES FOR GROUP FITNESS CLASSES

\$2 for Platinum Guests and Fast Track Members

\$10 for non-members for Group Fitness classes

## OPENING HOURS

Mon - Thur	6:00am - 10:00pm
Friday	6:00am - 9:30pm
Saturday	8:00am - 6:00pm
Sunday	9:00am - 6:00pm